

Successful Behavior Change

One small step at a time



CommonHealth

Workshop objectives



Define behavior change
Introduce behavior change
models
Goal setting
Identify barriers
Identify influences
Avoid pitfalls

Models and theories

Stages of Change
Health Belief Model
Social Cognitive Theory
(SCT)
Social Networks & Social
Support

CommonHealth

Long term goal(s)

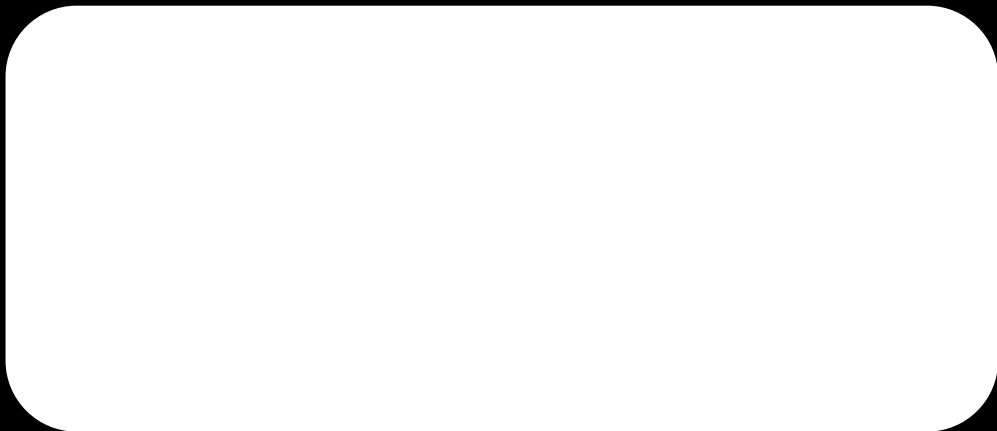
The big goal
off in the distance

CommonHealth

Short term goals

Contribute to making the
long term goal possible

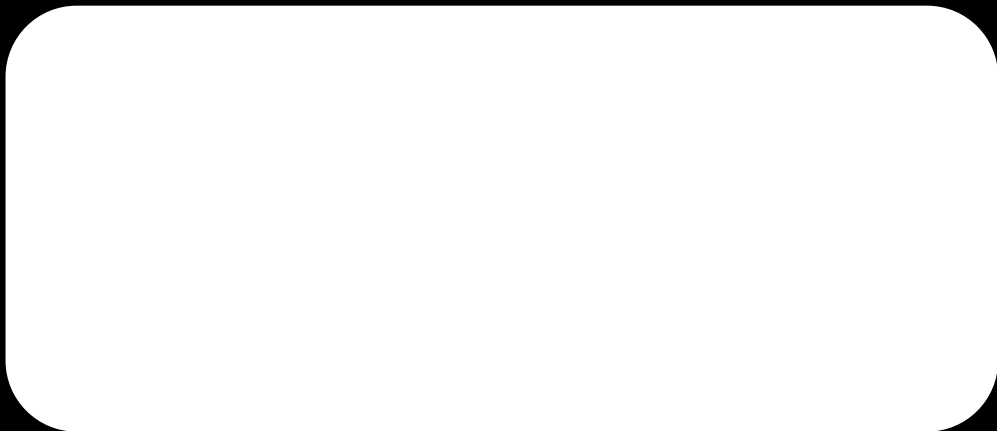
Small changes
Attainable changes



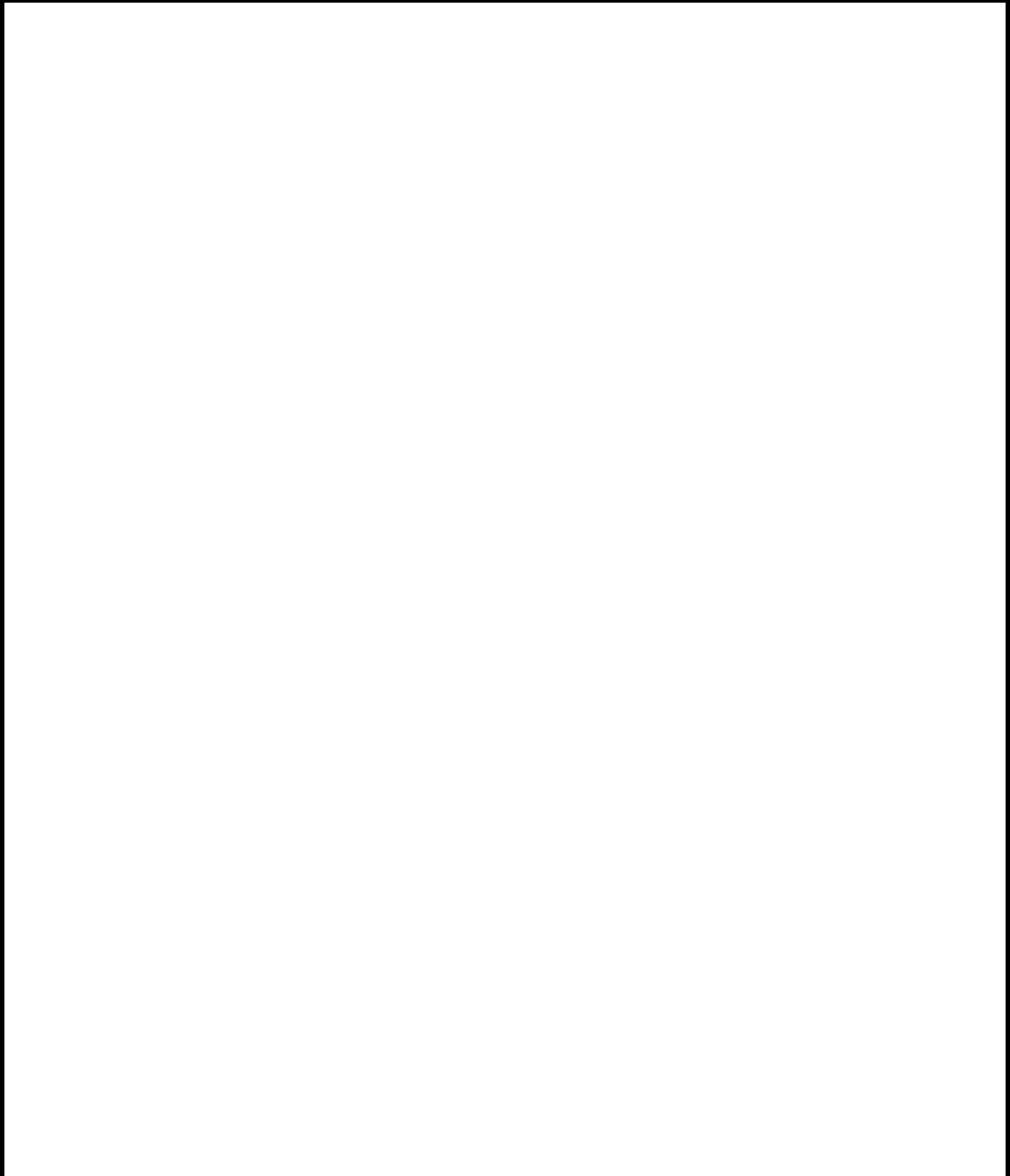
CommonHealth

Goal setting

What are you trying to accomplish?
Why is this important?
What are the benefits of changing these habits?
What is the measure for success?



Long term goal(s)

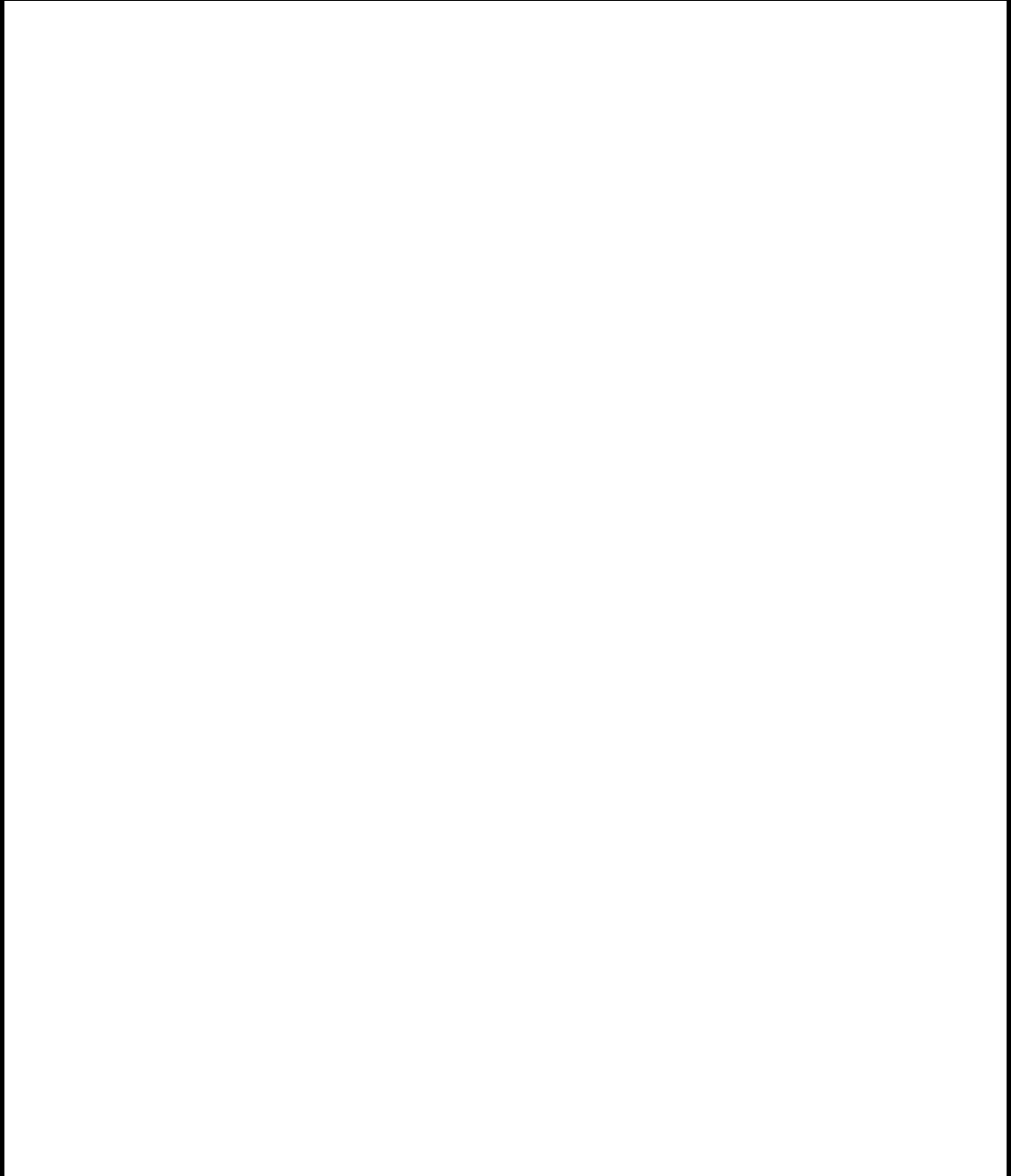
A large white rectangular box intended for writing long-term goals, occupying the central portion of the slide.

SMART

Specific
Measurable
Attainable
Relevant
Timely

CommonHealth

Short term goal (s)

A large, empty white rectangular box intended for users to write their short-term goals. It occupies the central portion of the slide, below the title and above the footer.

What barriers do you face?

What is stopping you?

Environmental
Geographical
Financial
Physical
Social
Other



CommonHealth

What are your barriers?

A large white rectangular area, likely intended for a user to write their answers to the question 'What are your barriers?'. It is currently blank.

What or who influences you?

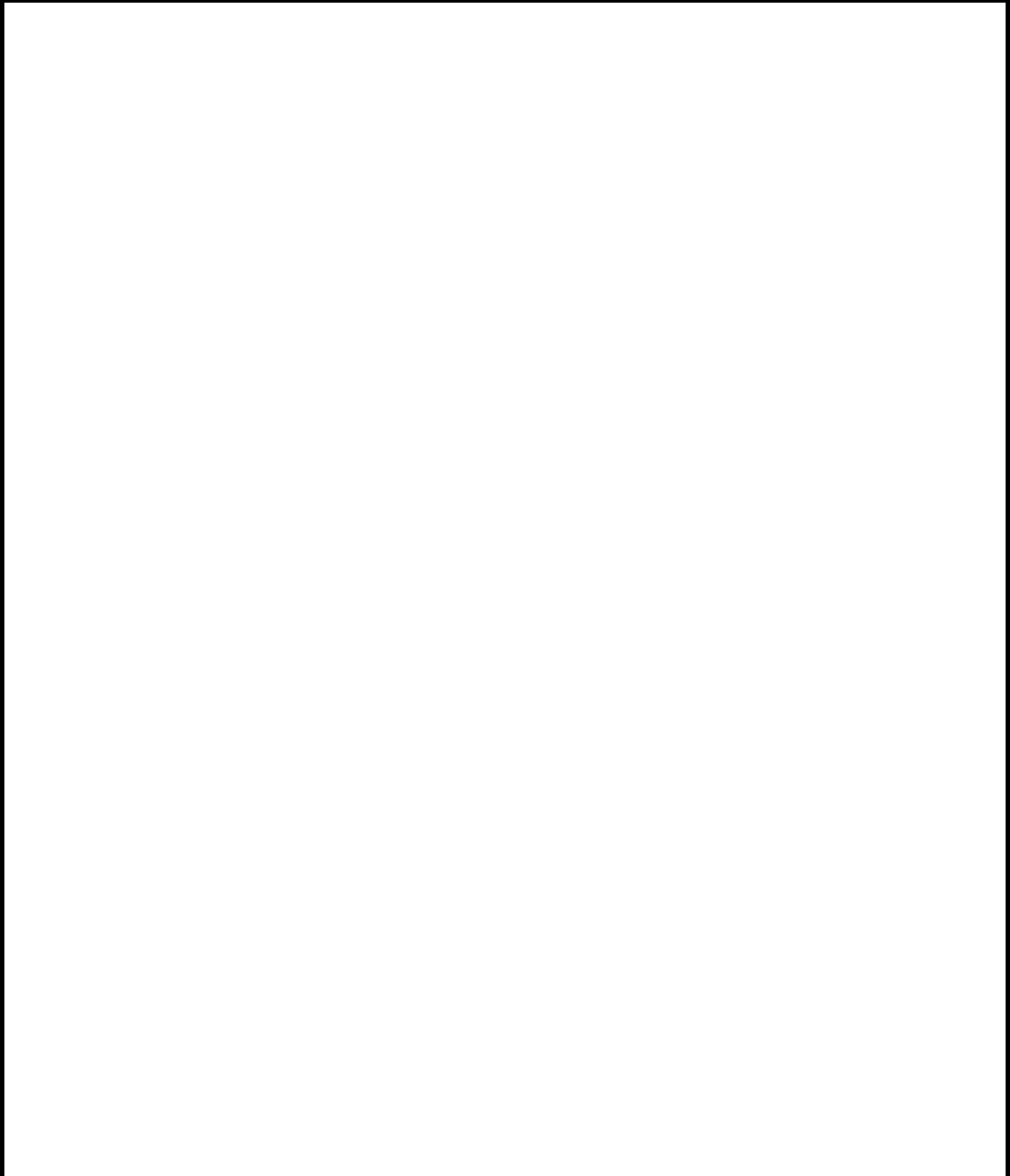


Work
Family
Friends
Policies
Environment
Other

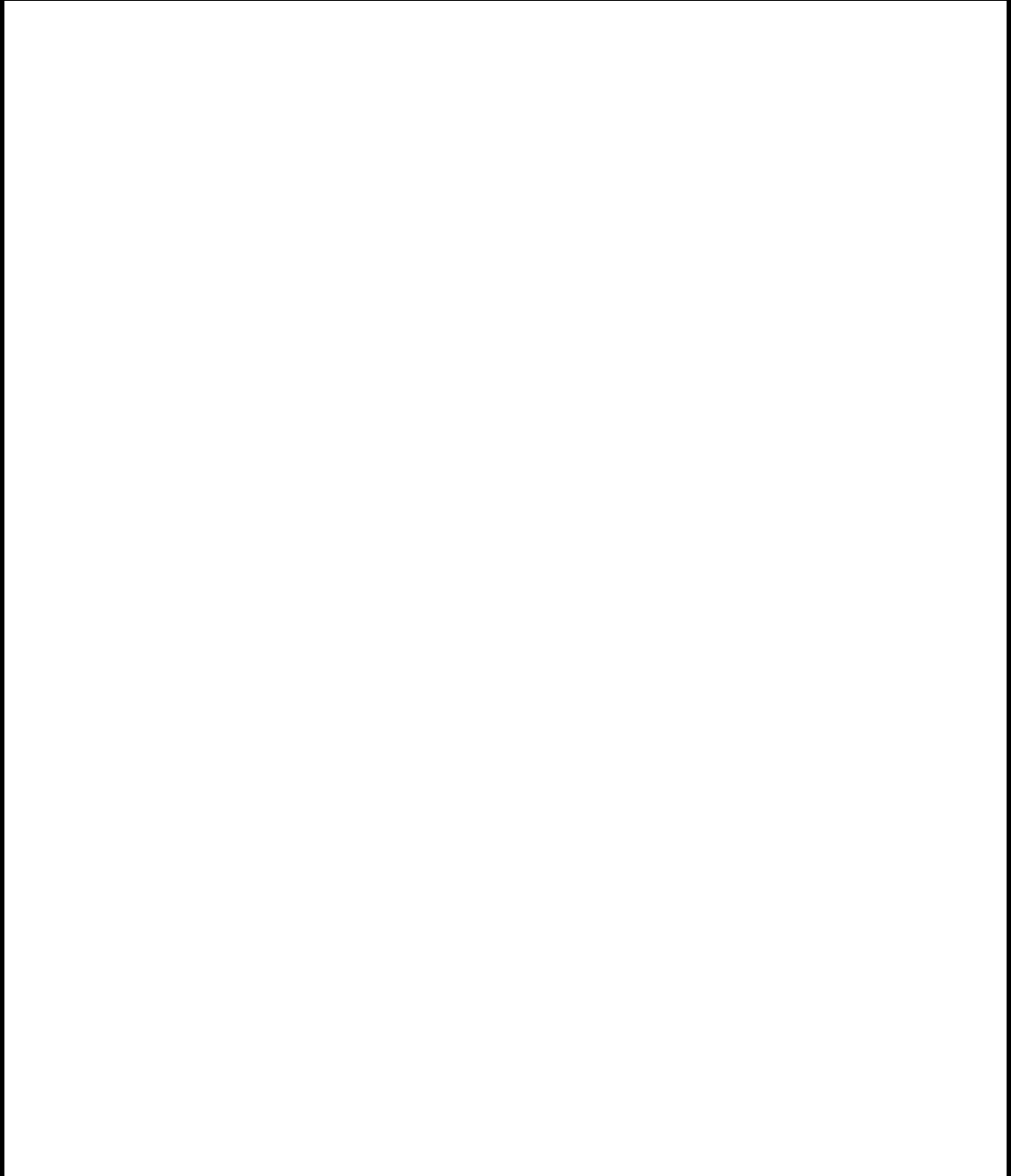


CommonHealth

What influences do you face?

A large white rectangular area, likely a placeholder for a drawing or writing, occupying the central portion of the slide.

Who is in your support network?

A large white rectangular area intended for drawing or writing, likely for mapping out a support network.

CommonHealth

Taking too big of a bite

When you try to eat the
entire apple instead of
taking it bite by bite

Small changes are lasting
changes

CommonHealth

Pitfalls

Life happens and when it
does, don't beat yourself
up!

Don't rush the process

If you fall off the wagon
climb back on

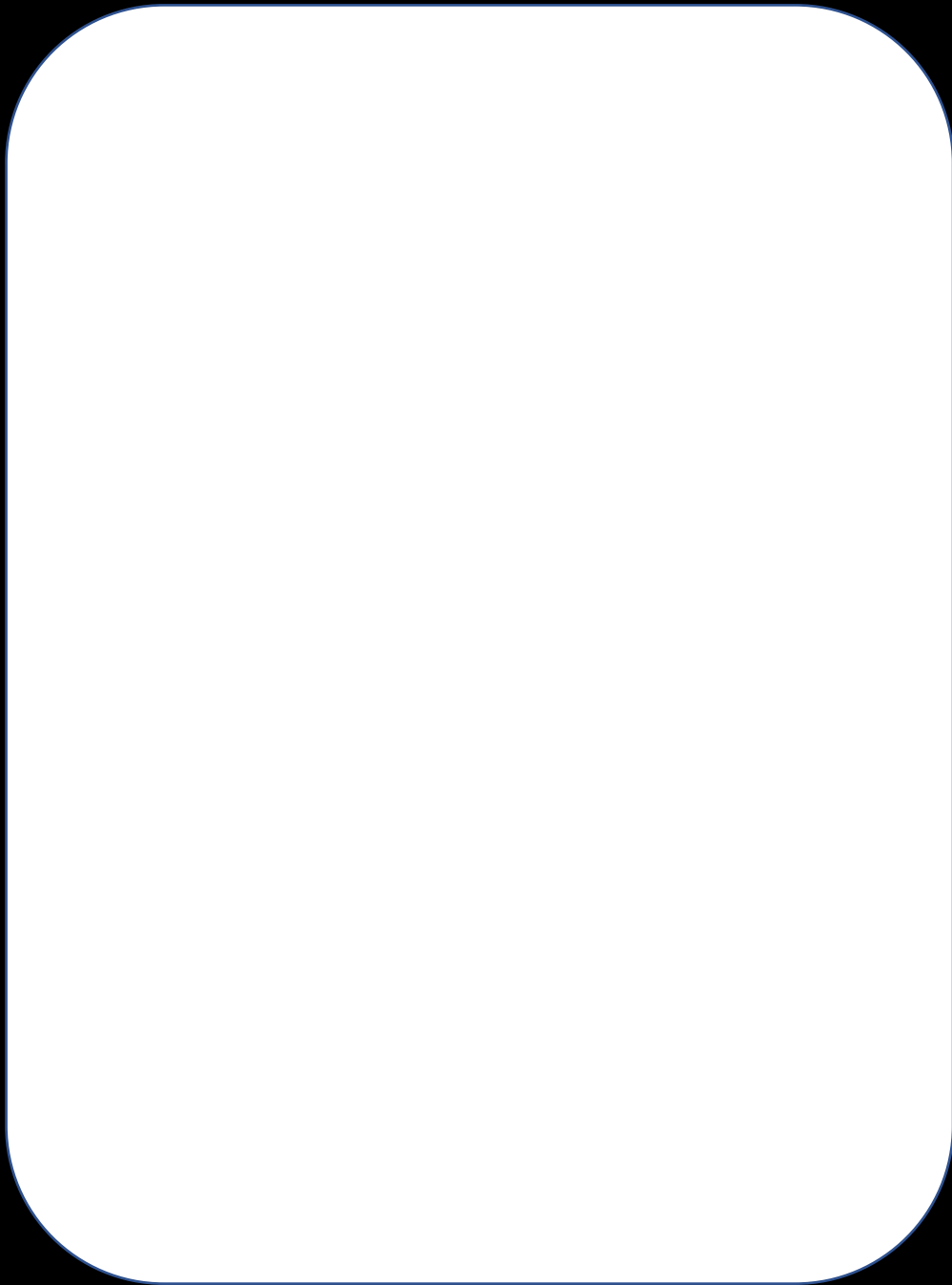
CommonHealth

Resources

Employee Assistance
Program
Virginia Department of
Health
Onsite Health Coaching
Department of Behavioral
Health

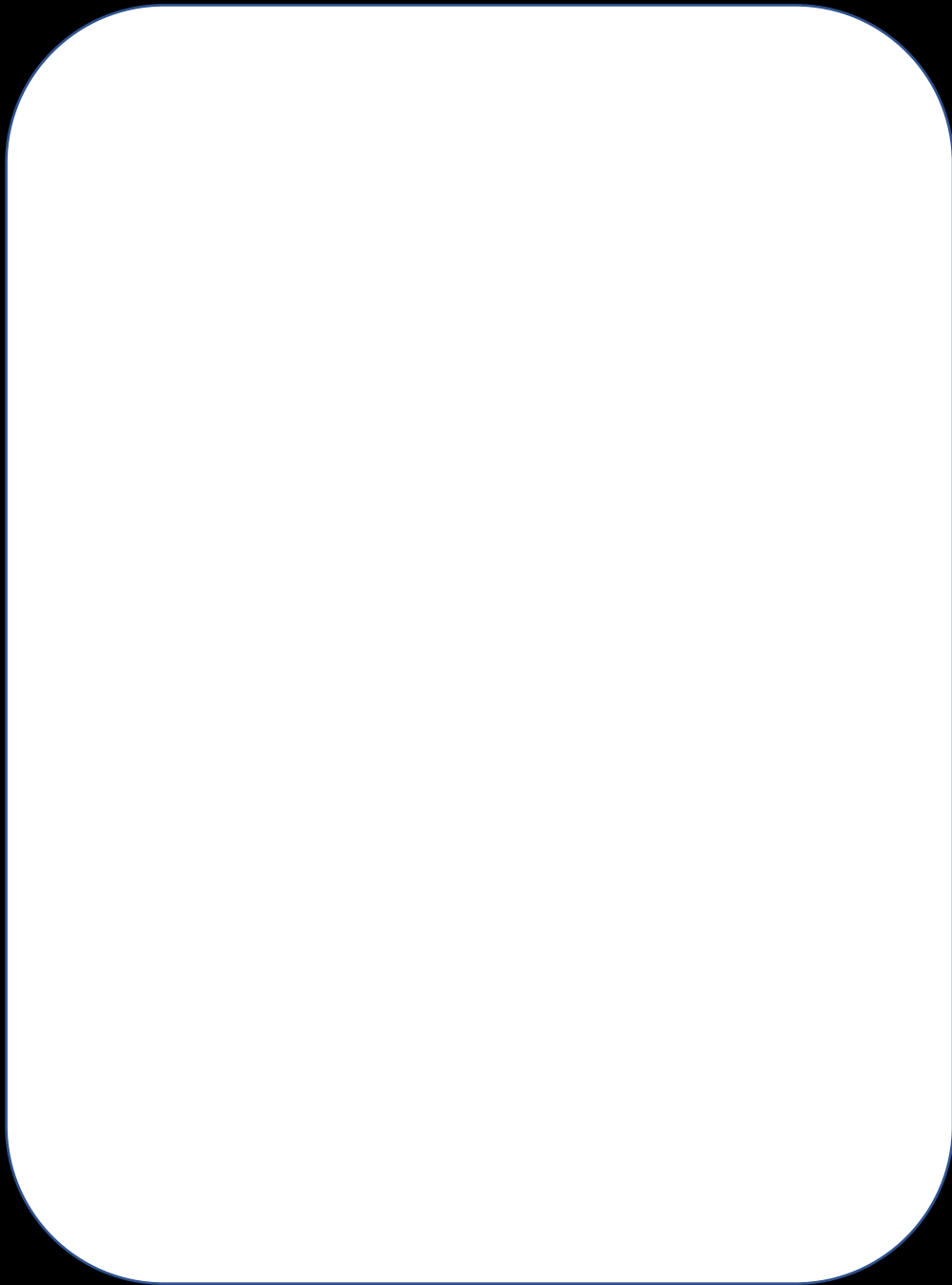
CommonHealth

Success story



CommonHealth

Success story



CommonHealth

For more CommonHealth information
visit

www.commonhealth.virginia.gov



CommonHealth